

Chain of Concern



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Have an article you would like to see in the newsletter Contact Us:

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1-800-581-9989
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robin.walsh@me.ngb.army.mil

www.guardfamily.org

14 October 2005

MEMORANDUM FOR Each Service Member of The Maine Army National Guard

SUBJECT: Guidance for Prior Mobilized Service Members on Unit Mobilizations

1. In accordance with current National Guard Bureau Personnel Policy Guidance dated 15 July 2004, Reserve Component (RC) Service Members will not be mobilized for more than 24 cumulative months under the same Presidential call-up authority (example: Global War on Terrorism). Reserve Component Service Members who complete their initial mobilization period and are released from Active Duty (REFRAD) will not be involuntary remobilized without Secretary of Defense approval.
2. If a Service Member was mobilized after 11 September 2001, and completed their tour of duty, that Service Member would have to volunteer in order to mobilize, if the total for all tours would exceed 24 months. For example, if a Service Member was mobilized for only 30 days after 11 SEP 01, then they could be involuntarily mobilized with their unit. On the other hand, if they were mobilized for 15 months, they would not be involuntarily mobilized because the standard tour of mobilized duty is 12 months plus MOB/DEMOB processing time. **There will be no negative ramifications, or action taken against any Service Member who does not volunteer.**
3. This guidance applies to any Service Member who was mobilized from an ARNG, or USAR unit, voluntarily, or involuntarily, who served in a mobilized status after 11 September 2001.
4. If you are a Service Member who came from an active duty unit into the Army National Guard, who had no break in service, you will have 12 months (from the day you joined the Army National Guard) before you may be mobilized. If you did have a break in service, then you must mobilize and deploy with your unit despite your previous service.
5. If you were previously mobilized since 11 September 2001, and your unit is called to mobilize, or you have been notified that you have been identified as a potential cross-level filler to mobilize with another unit, and you wish to mobilize, contact your chain of command, complete a DA 4187 stating, "I have previously mobilized on title 10 service since 11 SEP 2001, and I desire to volunteer for another period of mobilized title 10 service." Indicate the number of months you were previously mobilized on title 10, including time at MOB station.
6. If you were previously mobilized since 11 September 2001, and your unit is called to mobilize, or you have been notified that you have been identified as a potential cross-level filler to mobilize with another unit, and you do not wish to volunteer, contact your chain of command, and complete a DA 4187 stating, "I have previously mobilized on title 10 service since 11 SEP 2001, and I **DO NOT** volunteer for another period of mobilized title 10 service."

SUBJECT: Guidance for Prior Mobilized Service Members on Unit Mobilizations

7. Unit Commanders are instructed to forward these DA Form 4187 requests through their chains of command to DCSPER for consideration. Use a DA Form 4187-1 R to facilitate each level of command providing its' recommendations. An example DA 4187, and DA 4187-1 R is provided to each Major Subordinate Command.
8. I will give each such request my personal attention, and consideration. In cases where a Service Member desires to volunteer for a second, or subsequent mobilized tour of duty, it is my intent to interview both the Service Member, and their spouse prior to granting approval.

JOHN W. LIBBY
Major General, MEARNG
The Adjutant General

Family Assistance Center Toll Free Number: 1-888-365-9287 1

A Military OneSource (Military OS) Program Overview



- **Military OS is a 24/7/365 information and referral service available via toll free telephone and Internet access, worldwide** (See below). A personal, operational and family readiness tool, Military OS is a virtual extension of existing community support resources **for Active Duty, Guard and Reserve (regardless of activation status) and their immediate family members at no cost**. The assistance provided is especially beneficial to those deployed, geographically separated from installation services or those who are unable to seek assistance during traditional working hours.
- **Military OS provides referrals for non-medical, short-term, solution-focused, and face-to-face counseling.** To access a personal counselor in their local community, individuals may call a Military OneSource consultant directly using the toll free number, or a military helping agency may provide a referral based on an initial assessment. Face-to-face counseling is available throughout the U.S. (including Alaska and Hawaii), Puerto Rico and the U.S. Virgin Islands.
- **Face-to-face, private counseling services will focus on issues such as normal reactions to abnormal situations** (e.g. combat, demob adjustment with families, natural disaster deployment issues), couples concerns, work/life balance, grief and loss, adjustment to deployment, stress management, and parenting. Persons seeking counseling will receive up to six counseling sessions per issue.
- **Trained, licensed, Master's level consultants answer the phones live – no phone trees – and refer callers to resources by dialing the number and staying on line until they are personally handed off.** Personalized consultations on specific issues such as education, special needs, and finances are available. Customized research detailing local community resources and appropriate referrals to other military community support team members is provided. Simultaneous language and document translation is also available.
- The interactive **Web site includes "Email a consultant," locators** for education, child care, and elder care, online articles, **referrals to military and local community resources**, financial calculators, search by topic, live online workshops, and Additional resources include brief videos of consultants addressing common issues such as communicating as a couple, budgeting and managing stress. Other services are also available such as preparing and filing federal and state tax returns, at no cost, by following the link to Turbo Tax® from the Military OneSource home page.
- **Educational materials can be ordered and mailed at no cost** in a variety of formats (booklet, CD, cassette, and electronic downloads) and can be ordered via phone or online. Resource subjects include deployment, return and reunion, crisis support, relocation, education, finances, elder and child care, health and wellness, spouse employment, and more. **Bulk orders can also be filled** at no cost to support other military helping agencies, (e.g. family programs), in their operations and outreach.

Stateside: 1-800-342-9647

Overseas only: access code,*800-3429-6477

Overseas deployed or in remote areas can call collect: 1-484-530-5908

*Use access code before dialing the toll free number.

Access codes can be found at "Contact us"

www.militaryonesource.com User ID: military Password: onesource

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-679



Communication 101

- Don't spread bad rumors
- Don't freak out - get the facts
- Don't make up stories - it's not funny to everyone
- If you hear a rumor, call the unit or the Family Assistance Center
- If someone calls you, take them seriously and use confidentiality
- Be sensitive to others
- Humor can be the best medicine - but you have to know your audience

Here are a few thoughts I had when I talked with a family member who went through a "bad" joke recently. Deployment is not a joke and can be a very sensitive subject. Think before you talk:

- What good will come out of my shared ideas/conversation/joke?
- Could it hurt someone?
- Do they need to know this information?
- Will it help if I keep my mouth shut?

This reality test should give you a clear picture. Do what's right and help your fellow guard families!



Family Assistance Center

With deployments happening and Service Members still in the Middle East and other locations, it is so very important that the Families of the Military be supported in every way possible. We know that when families are cared for, healthy and happy the Service Member can better focus on the Mission. In that spirit, we are asking that anyone who has a skill or service they can share to please come forward and volunteer your abilities. Thank you for volunteering and supporting the families of our deployed Service Members.

This information will be entered into our Family Asst. Ctr. Database and referred to if a family member calls in need of help. Please know by doing this you are not committed to anything. We will call you if an occasion arises and the choice will be yours if you are available or want to respond.

Please cut this page out and fill it out and forward to the address below or feel free to email your information to the email at the bottom of the form.

FAC Volunteer Fact Sheet

Volunteer Information

Name: _____

Address: _____

Phone: Home: _____
Work: _____
Cell: _____

The Family Assistance Center

____ Augusta
____ Portland
____ Bangor
____ Caribou
____ Statewide

Organization If Applicable: _____

Skills/Interests to share:

____ Clerical
____ Notary Public
____ Yard Work
____ Electrician
____ Plumber
____ Gen Home Maint/Repair
____ Carpentry
____ Wood Splitting
____ Auto Maintenance
____ Heating/Furnace Issues
____ Run Errands
____ Provide Transportation
____ Make Phone Calls

____ Babysitting/Childcare
____ Provide Refreshments
____ Make Phone Calls
____ Nurse/Med Tng
____ Plowing/Shoveling Snow
____ Lawyer or Legal help
____ Tax Help
____ Computer Skills
____ Support Events/Activities
____ Financial Planning
____ Crisis Comfort
____ Mentorship
____ Whatever Is Needed

Your Skills Not Listed:

Please Fax to 626-4512 ATTN: Kerry Birmingham or Email information to
mefacpublic@me.ngb.army.mil

You can also mail it to:

State Family Assistance Center – Attn: Kerry Birmingham
State Armory
179 Western Avenue
Augusta, Maine 04330-0033



Getting the House Ready for Winter

It's time to think about winterizing your house, no matter whether you'll be there all winter or plan to be away for an extended period. The tasks aren't overwhelming when you prepare for winter one step at a time, and if you plan to be home, you'll be glad you did, because the steps you take will protect your property and save you dollars in heating and save you dollars in heating costs.

Check the Fireplace

- Have the chimney inspected and cleaned.
- Close the fireplace damper when not in use.

Winterize the Plumbing

- Take care of known issues with pipes that freeze. Heat tape can be used to keep them warm during extremely cold weather.
- Learn how to turn off water at its source so that you can stop leaks immediately if they start.
- Drain water from outdoor faucets when you think a hard freeze is coming.

Seal Other Leaks

- Use caulking and weather-stripping around entry points for all pipes and ducts that travel through an exterior wall.
- Install insulating kits behind electrical plugs that are on a wall with an exterior side.

Winterizing Outdoor Items

- Give decks an additional coat of sealer.
- Check the foundation and siding for cracks or gaps. Repair as necessary.
- Drain garden hoses, roll them up, and store them inside.
- Close and cover the swimming pool.
- Prune shrubbery and add mulch to perennial flower beds.
- Cover outdoor furniture or store it inside.

Heating System Checks

- Have a heating professional do a routine-check before cold weather arrives.
- Vacuum the vents and other heating components.
- If it has one, replace the furnace filter. Make future replacements as needed or directed by your furnace manufacturer.
- Consider installing a setback thermostat. It regulates the temperature, allowing the home to be cooler when you are away or asleep.
- Fill oil or propane tanks

Check the Roof & Its Neighbors

- Replace loose shingles.
- Make sure the flashing around the chimney or vent pipes is watertight.
- Check the bricks and mortar.
- Install a screen at the top of the chimney to keep leaves and other items out.
- Install a screen at the top of the chimney to keep leaves and other items out.
- Clean drain gutters and point downspouts away from the house.
- Trim tree limbs that are hanging over or touching the roof.

Collect Emergency Supplies

- Candles and matches or a small butane lighter.
- Flashlight and batteries.
- Fill propane tank or buy charcoal for outdoor grills.
- Battery operated radio or weather radio. Buy extra batteries.
- Snow blower, shovels, and /or chemicals to melt snow
- Containers of bottled water. Non perishable food to last a few days. Be sure you have a hand operated can opener.
- Paper plates and plastic eating utensils. Paper towels
- Extra firewood. Fuel for your generator. Kerosene and kerosene heater (use with carbon monoxide monitoring strips).

Seal Leaks around Doors and Windows

- Add or replace worn weather-stripping around doors and windows.
- Caulk gaps where necessary.
- Replace worn door stops at the bottom of doors.
- If you have the, install storm doors and windows. Don't forget to winterize basement windows.
- Replace old windows with energy efficient windows.

October 28—Last Day for Some Guard and Reserve Members to Purchase TRICARE Reserve Select

FALLS CHURCH, Va.- Oct. 28, 2005, is the last day for certain members and some former members of the National Guard and Reserve to execute a service agreement with their Service/Reserve Component to purchase TRICARE Reserve Select (TRS). TRS is a Department of Defense program that offers comprehensive health coverage similar to TRICARE Standard and Extra.

Refresh your Memories of the Grand Holiday Salute that Joe Boulos presented last December

Now available: DVDs and VHS tapes of the highlights of this wonderful event. Professionally produced by Headlight Audio Video Productions, this video has been produced as cost only for you to keep as a memory and share with your loved ones who could not be with you.

Cost is \$8.00 for DVD or \$12.00 VHS, checks should be made payable to MENG Family Program and mailed to DVEM, Attn: FP, State House Station #33, Augusta, ME 04333

Deadline is 1 December – there will be no extension on the deadline due to production.

MAINE NATIONAL GUARD FAMILY PROGRAM PRESENTS



Christmas Around The State

This is a totally confidential program which enables all guard families who may be experiencing a difficult holiday season due to financial or emotional distress to have a Merry Christmas by providing:

- 1) Presents for children
- 2) Food baskets for Families with/without children
- 3) Deployed family members who need an emotional boost

Who can Register - Units can register guard families within their command or individuals can register themselves.

Arrangements will be made to ensure the presents are delivered to the person who contacts this office. It will be up to that person to deliver items.

What do we need? Simply fill out the form below and return it via email or mail to the following address: **Email:** mefacpublic@me.ngb.army.mil (if sending email, please be sure to list the information below) or **Send to:** DVEM, ATTN: Family Program Office, State House Station #33, Augusta, Maine 04333-0033
Deadline: 9 December 2005

This program is supported by generous contributions from DVEM employees, Units, and Women's Day Magazine.

Please Cut along the dotted line and return to the above address

NAME: _____ (Please Print Clearly)

AGE: _____ GENDER: _____ UNIT: _____

POINT OF CONTACT: _____ PHONE #: _____

WISH LIST: (INCLUDE SIZES AS APPLICABLE)

(if more then one person needing assistance, please feel free to use a blank piece of paper.

Maine Veterans – the Bangor Daily News needs you!

On Veterans Day, November 11, 2005 the Bangor Daily News will honor our veterans by publishing **“A DAY OF REFLECTION,”** A tribute to the wartime sacrifices made by the Maine men and women who have proudly worn their nation's uniforms.

“A DAY OF REFLECTION” will tell these veteran's stories through their own words and photos. If you are a Maine veteran who served in past conflicts – **World War II, Vietnam, Grenada, Panama, Gulf War, Somalia, or the Balkans** – or during the current wars in **Afghanistan** and **Iraq**, would you consider sharing your adventures by submitting a story, an anecdote, or a photo for publication in this advertising special section?

Please submit your material to:

Brian Swartz

Bangor Daily News

P O Box 1329

Bangor, Maine 04402-1329

E-mail your material to bswartz@bangordailynews.net or go to [www. Bangordailynews.com](http://www.Bangordailynews.com) and select the **Day of Reflection** link.

The deadline is **Friday, October 21**. Please include your name and mailing address. *Submitted photographs will be returned.*



Operation Community Support

Operation Community Support (OCS) is a grass-roots organization of volunteers in Brewer and surrounding communities that assists National Guard Family Assistance Centers and Family Program Coordinators in helping to ease the burdens of our National Guard soldiers and their families.

OCS has provided, through the Family Assistance Centers and Family Programs, cultural, educational, athletic and fun events along with some financial assistance. Recently Acadia Hospital, Old Town-Orono YMCA, Greater Bangor Chamber of Commerce and the University of Maine, Orono Women's Basketball Boosters partnered with the Penobscot Valley Country Club in Orono and sponsored four different Army/Air National Guard teams in their respective scramble golf tournaments.



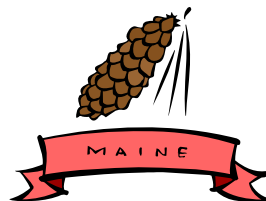
Air National Guard Participants (Sept 26, 05 hosted by Umaine Women's Basket ball Boosters)

TSgt Robert Daigle, SSgt Gordon Nutter, MSgt Cathy Verrill, and Capt Amy Munroe



Army National Guard Participants (Sept 13, 05 hosted by the Greater Bangor Chamber of Commerce)

SFC Carl Sticht, SSG Paul Lawrence, SSG Harold Whitten and SFC Preston Ward



Supports our Troops



The State Legislature passed Public Law Chapter 268 which authorizes all military personnel who have deployed since October 1, 2001 for 3 or more continuous months outside of the United States a free hunting and fishing license for one full year.

Effective in December a representative in certain armories (to be announced later) will have the licenses available for issuance. You will need to provide either last years hunting license or the original certificate indicating completion of the Hunter Safety Course.

Additionally, this law authorizes all military personnel free entry to all Maine State Parks through December 31, 2006. The passes were distributed to your unit of assignment. Please see your unit administrator if you have not received your pass



EVENT TITLE: *Family Support Meeting - Augusta*

Description: These meetings are for any family member to come and share good times and make new friendships. This meeting is for anyone who has a deployed Service Member. We invite those families also who have a Service Member who has just returned as well.

Location: October's and November's meeting are at LT Elgee's House – Please contact Lynn if you are attending December's and she will let you know where it will be.

Date: 3rd Thursday of every month – POT LUCK – bring your favorite dish to share

Time: 6pm

Sponsors: 152nd Maintenance Co, Maine National Guard

For more info: Lynn Fortin 557-5500 or Lynnfortin@adelphia.net



EVENT TITLE: *Family Support Meeting - Portland*

Description: These meetings are for any family member to come and share good times and make new friendships. This meeting is for anyone who has a deployed Service Member. We invite those families also who have a Service Member who has just returned as well.

Location: Steven's Avenue Armory

Date: 2nd Wednesday of every month

Time: 6pm

Sponsors: Family Readiness Program, Maine National Guard

For more info: RSVP Required – Linda Newbegin 642-6977 or newbeginmeng@xpressamerica.net

EVENT TITLE: *Family Support Meeting - Bangor*

Description: These meetings are for any family member to come and share good times and make new friendships. This meeting is for anyone who has a deployed Service Member. We invite those families also who have a Service Member who has just returned as well.

Location: AFRC – Check the Web Site for Directions or call the FAC

Date: Last Wednesday of every month (Aug 31st, Sept 28th, Oct 26th, Nov 30th)

Time: 5-7pm (this can be adjusted if needed)

Sponsors: 152nd Maintenance Co Family Program

For more info: Sharon Rideout - 848-291



New Group

EVENT TITLE: *Family Support Group Meetings - NEW*

Description: These meetings are for any family member to come and share good times and make new friendships. This meeting is for anyone who has a deployed Service Member. We invite those families also who have a Service Member who has just returned as well.

Location: Augusta (Nov 4th) Brewer (November 9th) (This coincides with the Scrapbooking event that the 152nd does. Please feel free to bring your stuff and participate)

Date: November 4th and November 9th

Time: 5:30 pm

Sponsors: 3/172nd Mountain Infantry Family Program

For more info: Ruth LaChapelle - 634-4584



**Scrap
booking**

EVENT TITLE: *Scrapbooking*

Location: Augusta Armory

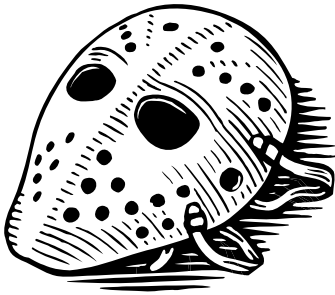
Date: First and Third Friday of every month

Time: 6 to 10 pm

Cost: Free (Bring your own supplies) If you don't like to Scrap, just bring yourself and any other craft you enjoy

Sponsors: 152 Maintenance FRG

For more Info: Lynn Fortin 557-5500 or Lynnfortin@adelphia.net Please call first...



EVENT TITLE: *UMaine Hockey*

Description: The Second Operation Skybox (hockey) at the Alford Arena at the University of Maine, Orono is being made available by Operation Community Support.

Location: Alford Arena

Date: November 27th

Cost: Free (this will be a first come first serve event due to the limited number of tickets)

For more Info: The Family Assistance Center by either emailing them at mefacpublic@me.ngb.army.mil or calling at 1888-365-9287

EVENT TITLE: *REGIONAL HALLOWEEN PARTIES for ages toddler to 12*

Description: Halloween party for children ages toddler to 12yrs old, there will be games, food and fun for all. Make sure you dress up in your costume because we will have prizes for best costumes. (please stay away from scary costumes, we don't want to share the little kids).

Location: AFRC Bangor, Caribou, Westbrook and August (room 209) Armory's

Date: October 29th

Time: 2pm to 5pm (Time change Caribou will start at 2:30)

Cost: Free

For more info: Contact the Family Program office at 1-800-581-9989 or email mefacpublic@me.ngb.army.mil

**HAPPY
HALLOWEEN
YOUTH**

**PLEASE LET US
KNOW IF YOU ARE
COMING SO WE CAN
PLAN ACCORDINGLY**

**HAPPY
HALLOWEEN
TEENS**

**THERE IS STILL ROOM AT
THIS EVENT, PLEASE LET
US KNOW IF YOU WILL BE
COMING – NOTE AGE
CHANGE**

EVENT TITLE: *REGIONAL HALLOWEEN PARTIES FOR Grades 7 - 12*

Description: Supervised events will be planned for a night of fun. This training event will include snacks, prizes and music. This is an opportunity to help develop a yearly training schedule that will include educational, entertaining and motivating activities.

Location: Bangor and Augusta

Date: October 29 – 30th

Time: 6pm on Saturday until 10am on Sunday

Cost: \$15 Payable to MENG Youth Program

How to Register: Go to www.me.ngb.army.mil/family and fill out the application. Email your application and you can bring your \$15 payment with you.

PLEASE SEND APPLICATION PRIOR TO FRIDAY 10/28!!

**THIS EVENT HAS CHANGED – THE AGES ARE FROM 7 – 12TH GRADE AND
IT IS ONLY GOING TO BE IN BANGOR AND AUGUSTA**



FRG Spotlights: 152nd Field Artillery

Linda Emonds – BN Coordinator

I hope that you all mark the events on your calendar and plan to attend. This will give you the opportunity to meet other spouses, mothers, brothers, sisters and families who are going through the same things that you are. It is an opportunity to meet new friends. If you have any questions, or would like to volunteer to help don't hesitate to contact myself, Linda Emonds or Sharon Rideout and Lynn Fortin.

November 6, 2005:

FUN - FUN - FUN Talent Show. If you or any other family member or friend would like to either perform an act, sing, do a magic trick, read a poem, just say hi, or maybe something special, please be prepared to do so. This event is going to start at 3:00 p.m. at the Lincoln in Augusta (next to Pizza Hut off Western Ave) Armory. This event will be taped and a copy of the tape will be sent over to the unit to view. Please contact Lynn Fortin at 557-5500 or lynnfortin@adelphia.net for more information or to submit your talent.

November 7th to the 10th, 2005:

Thanksgiving. As some of you may be aware, it is an annual event that the 152nd Maintenance Company does. All of the food collected goes to the Salvation Army. This drive typically supplies the Salvation Army with 75% of all the food they collect each year. Collections will occur on each of the above dates at two different area grocery stores. The food then gets delivered to the "Tank" on the hill where the DJ's from B98.5 are set up and announcing the event. There are usually evening events that take place on each night in which people can come by and participate. It appears that B98.5 would also like to have one night in which people can stop by and wish the soldiers a Happy Holidays. (although they want this to be a surprise for them, so mum's the word) If anyone would like to volunteer for this event, please contact Lt. Chris Elgee at 626-4515. People will be needed to pass out flyers at the stores and collect the groceries from customers as they leave the store. Please remember that this is a huge event that our soldiers usually participate in and we want to keep it going for them while they are away this year.

December 4, 2005:

Each year the 152nd has a Christmas Party / Christmas Dinner for the soldiers and their families. This year we would like to continue the tradition. Before making the final plans, we need to know who is interested and how many from each family would be attending. **Please email me at lynnfortin@adelphia.net by Friday, November 11, 2005 as we need to start making plans.** Again, this is a tradition for the 152 and we would like to keep it going. If you have never attended one of the Christmas parties, you are in for a treat. I hope to see many of you there.

I want to take this opportunity to thank those of you who have volunteered to help out with the FSG during this deployment as well as those of you who have supported us and are continuing to do so. It is greatly appreciated, what a blessing you are.

FRG Spotlights: 152nd Maintenance Co

Sharon Rideout – Unit Volunteer Coordinator

Since I last saw you, Mike has been home on leave. What a wonderful two weeks! If your loved one has been home already, you know what a joyous time it is - and how quickly it goes by! Hopefully, the next six months will go by just as fast!

As you settle into the autumn routine and look forward to the holidays, please note the following events scheduled in the Bangor area:

Scrapbooking - Sat Oct 22, 2-5 PM at the 112th Armory ** If you plan to come, please call me at 848-2914 and let me know your experience level for our instructor.

Family Support Group Meetings - Wed Oct 26 and Wed Nov 30, 5-7 PM at the AFRC. Pot luck supper.

Warmest wishes for a safe and happy holiday season. Don't forget to get your care packages in the mail early! Take care.



FRG Spotlights: 112th Medical Co

Steve Curtis – 1SG

The latest from our five soldiers in Iraq of G Co. 126th Aviation Detachment is that they have been very busy, putting in long hours doing UH-60 Blackhawk maintenance in support of the mission. The best news is that they are in a somewhat secure area, in northern Iraq. Not only do they miss their families, but they also miss serving with the members of the 112th Med. Co. (AA). The comment from SSG Wing, who is the NCOIC of the company, was that she didn't realize how professional and well trained the 112th is, until she witnessed it first hand serving with another unit. We can be very proud of all our Maine units when they serve elsewhere. From Bosnia, Kuwait, Iraq and currently those serving in the relief effort in the hurricane stricken region of Louisiana, we always start and end our mission with that "Can Do" Maine pride.

My wife, Kelley and I, have remained in contact with the families and they all have been doing relatively well. We were very pleased when an American Legion Post, located in Corrina, recently contacted us with an interest in sending a care package to them. If any of you know of organizations that have an interest in doing such things as this, please contact either myself or my wife at 365-7265 and we will give the information that they need. For those of us that have been deployed, we all know there is nothing like receiving packages or letters from home.

Our plan for the 112th during Christmas drill is to have a family Christmas dinner on Saturday and we will have the Family Support briefing on Sunday. My plan is to also invite the families of the 126th. Our new Company Commander, Major Veneziano and I are committed to build the Program to where it should be, so all our families will always be taken care of, no matter where our soldiers serve.

FRG Spotlights: 152nd Field Artillery

Lori Tash – Unit Volunteer Coordinator

Hello, hope everyone is doing well. August 28th we had a military ball at Slope's in Presque Isle. We highly recommend any functions in northern Maine be held there. The food was outstanding the staff was great. We want to thank SGT Rhonda Russell for her generosity coming up and taking photos for all Service Members. Also, we are looking forward to our annual Christmas Party in Dec. Anyone planning on attending with young children; please see me at the November drill so we can get names and ages of the children for Santa. We want to make sure Santa brings gifts for all children. We are still sending care packages to PFC Graham still currently deployed in Iraq. Also, we have sent several calling cards and a care packet to SFC Willett for our Service Members at Fort Sill. Please keep them in our thoughts and prayers. We are still having meetings the second Thursday of every month 6pm at the Houlton Armory. Please feel free to stop by and we'd love to see ya.



FRG Spotlights: 152nd Field Artillery

Lisa Nichols – BN Coordinator

In September, I made a presentation at the combined meeting of the American Legion and Ladies Auxiliary in Carmel. The purpose of my presentation was to inform the group about the Family Readiness Program, our goals, and the benefits of having effective FRGs. Other topics covered were volunteerism, Military One Source, and Operation: Military Kids.

I explained a FRG is a support and communication network for military families. I told them Service Members, who know their families are being supported during their absence, are more focused on their mission. I also mentioned families play an important role in Service Members' career decisions and supportive families help in the retention of Service Members.

During my presentation, I noticed heads nodding in approval. I realized this group of veterans and spouses had experienced many different challenges than those faced by today's military families. One obvious challenge was communication. Families and Service Members communicated by hand written letters. Often it took weeks or months to receive them. Another challenge families faced was the lack of support to help them through difficult times. Also, there were very few programs in place to help Service Members readjust to civilian life after they came home from deployments.

These veterans and spouses told me they wish there had been Family Readiness Programs and Family Assistance Centers available to help them through deployments – separations and reunions would have been easier.

Their reaction to my presentation was a real eye-opening experience for me. Today's military families have so many support networks and resources available to help them through difficult times. Unit FRGs and volunteers, the State Family Program staff, and FAC personnel are available to help families before, during, and after deployments.

The Dept. of Defense has established Military One Source to help families deal with the demands of work, deployments and family or personal life. This service is available 24 hours, 7 days a week and can be accessed by calling 1-800-342-9647 or at: www.MilitaryOneSource.com. User ID: military. Password: one source.

Operation: Military Kids provides educational and support programs for children of families impacted by the Global War on Terrorism. Special emphasis is placed on military children of deployed National Guard and Reserve Service Members. The objective of OMK is to build a network of support in each state to educate citizens on the impact of deployments on the community, families, and kids. Maine and several other states participate in Operation: Military Kids.

If you are dealing with a situation and feel you need help, please take advantage of the support networks and resources that have been established for military families. Contact your Unit Volunteer Coordinator, the State Family Program office, or your local FAC for assistance.

Family separation can be very difficult during the holidays; please keep our deployed Service Members and their families in your thoughts and prayers. CSM Nichols and I wish you a happy and safe holiday season.

FRG Spotlights: 3/172nd Mountain Infantry

Ruth LaChapelle – Unit Volunteer Coordinator

Hello everyone! I hope everyone had a great summer. I have been busy with my five year old and he is enjoying the wonders of kindergarten. As winter approaches we will be having some activities going on for the Family Readiness Group. I am planning two Family Support Group Meetings for our deployed soldier's families in November. I will be having one meeting in Augusta at the armory at 5:30 on Nov 4th. The second meeting will be at our armory in Brewer on November 9th at 5:30. In December we will be having our Christmas party. Stay tuned to your soldiers newsletter to find out more information.

As time passes we all know that the possibility of deployment looms. I want to remind every family member to take good care of themselves, to reach out to the FAC and to me as needed, and to take advantage of the Family Assistance Center website www.me.ngb.army.mil. There are some great tools there to answer your questions. I am glad to announce sometime in the near future that we will have our own FRG website which will be available at the FAC website. Take care everyone! If you have any questions or concerns please email me at ruth.lachapelle@us.army.mil, or call me at home at 634-4584.

Ruth



Sept/Oct 2005

Chain of Concern – State Family Program Newsletter Maine



State Family Program Office
#33 State House Station, Camp Keyes
Augusta, ME 04330

